



All natural produce
at Tony's Farm

This cycle ensures that vegetables enjoy healthy soil, which is supplemented by organic fertilisers, and weeding done by hand. Its water supply also passes through a state-of-the-art 60 million RMB filtration system. What all this means is that you can be assured that the produce is natural and free of additives.

Tony's Farm's vegetables can be ordered online and delivered free, right to your doorstep. They offer several choices, from a 13-week package with 3kg of at least six kinds of vegetables, delivered once a week (enough for two to three people) for 1,580RMB, up to a 52-week package with 6kg of at least six kinds of vegetables (for four to six people for 17,880RMB).

Tony's Farm (400 820 2162; www.tonysfarm.com).

Meats

Wu Feng Butchers

Wu Feng is a joint venture between a Hong Kong company and Shanghai Bright Food (the dairy company) and operates certified non-polluting farms in Jiading (which also exports pork) and Xiamen (black-haired pig farms). Wu Feng is a big operator; they provide about one third of the meat for Shanghai's market.

Wu Feng is much more affordable than foreign butchers, even for the black-haired pork (ribs 104RMB/kg, pork chops 79.6RMB/kg). Black-haired pork is offered for ten per cent less at the brand's Wukang Lu butcher, and prices at Wu Feng's Jiading farm are usually around half price.

The company's friendly Wukang Lu butcher, Mr Chen, is also happy to take advance orders for extra large ribs or special cuts. In addition, Chen sells excellent Ding Dang free-range chickens (price on request), from a USDA-certified farm in Guangxi.

Wu Feng Butchers 57 Wukang Lu, near Anfu Lu, Xuhui district (5655 4963). Open 8.30am-5pm daily.
 ☎ Changshu Lu, 五丰上食冷链肉店 徐汇区武康路57号, 近安福路

Feed them right

Keep your child eating healthy with these recommendations for where to find safe produce

Living with China's many food scandals can be worrying for parents. From melamine-tainted milk, to meat injected with anabolic agents and 'fake' eggs, even basic groceries can conceal hidden dangers. For many, it has become less about giving your child a nutritious diet and more about being able to guarantee them safe meals. Yet you don't need to fret as there are many certified organic and otherwise trustworthy producers who can help keep your pantry stocked.

Seafood

Andes Premium Catch

The recently opened Andes Premium Catch on Hongmei Lu is the first retail store of the reputable Hong Kong-based Pacific Andes international conglomerate that harvests, sources, produces and distributes seafood products to over 36 countries worldwide.

Food safety ranks high on its list of priorities; all of its produce is free of additives and preservatives, and adheres to the highest international safety standards. A pioneer in China, its fish processing plants were the first to achieve certification under the rigorous ISO 22000 international food safety programme, and it spearheaded

China's first world class food testing laboratory.

While some might disdain frozen produce, studies have shown that frozen food can be safer than chilled food. This is because harmful bacteria, as well as the natural enzymes that break down proteins after harvest, are halted at freezing temperatures. In the case of seafood, fish frozen just a few hours after catch can be fresher than chilled fish, because it has had relatively little chance to deteriorate.

Andes Premium Catch sells its Yu brand of premium frozen fish such as Atlantic cod, Alaskan pollock, Chilean sea bass and Greenland halibut. Other seafood such as mackerel, King and Coho salmon, Argentinian red shrimp, scallops and giant surf clams are also available, depending on what's in season. Hungry shoppers can also pop in and try out Culinary Inspirations, their gourmet line of ready-to-eat items such as seafood paella and wild salmon Wellingtons, which can be prepared at the shop's show kitchen and enjoyed outside in the spacious courtyard. Andes Premium Catch will be having regular cooking classes, tastings and events so be sure to watch this space.

Andes Premium Catch 3187 Hongmei Lu, near Hongsong Lu,

Minhang district (5433 9807; www.andespremiumcatch.com).
 Open 11am-8pm daily. ☎ Longxi Lu 闵行区红梅路3187, 近红松路

Vegetables

Tony's Farm

The largest organic farm in Shanghai, Tony's is also the first in China to have an international IFOAM accreditation, a worldwide standard for organic certification. In recognition of its pioneering efforts it was the only organic farm showcased during the Shanghai Expo and was also the official supplier to the Expo's food and beverage outlets.

Since 2004 the farm's soil has been painstakingly rehabilitated by leaving earth fallow after harvest in order to improve its fertility.



The newly opened Andes Premium Catch at Hongmei Lu